

*Wasatch Mts. &
Timpanogos*

THE FOURTH GRADE SOCIAL STUDIES
CURRICULUM AND RESOURCE GUIDE
OF
ALPINE SCHOOL DISTRICT

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LEGEND OF TIMPANOGOS
Utahna and Red Eagle

Long, long ago there were Indians that lived on Timpanogos. Every year they gave a sacrifice to the Great God Timpanogos.

This one year it was very dry, and the Indians thought the great God was angry. It had been the practice of these Indians to give sacrifices to him.

The Chief had a young daughter, who was very beautiful. She was of age to be chosen. All the young girls of the tribe were blind-folded and given an opportunity to choose a pebble from a pottery dish. The young princess, Utahna, chose the black one. It was her fate to go upon the mountain.

All the tribesmen were sad and they wanted someone else to go instead. But she bade her friends good-bye and ascended the mountain, finding her way toward the highest peak.

When she reached the top she knelt in prayer, begging for rain, she held her arms out stretched. A young brave had seen her and followed her.

"Please do not jump," he said.

She thought he was the Great God Timpanogos. He lead her to a cave. Here they lived, because they had fallen in love.

One day he was attacked by a bear and injured. Because he was hurt, she knew he wasn't the Great God Timpanogos. She cared for him until he got well. Then she left one morning very early to ascend the mountain.

When the sun was up, she reached her arms out and leaped to the crags below. The young warrior gathered her broken body in his arms and carried her to the cave. Here the two hearts were made into one, as we can see the Great Heart of Timpanogos.

Legend - "Sleeping Lady"

TIMPANOGOS

Proud Timpanogos kissing the sky
Changing in beauty as the seasons roll by.
In winter garbed in a robe of snowy white
You are nature's most glorious sight.
In spring the birds about you gayly sing,
Your dashing waterfalls make the air with music ring.
In summer touched by the sun's setting ray
You fill the earth with beauty gay
In autumn Jack Frost lends a hand
To make you the greatest masterpiece in all the land.

Original Poems
Louise Rohbock
Spencer School
Fourth Grade

THE LEGEND OF TIMPANOGOS

Many, many snows ago a tribe of Indians lived on the shores of Utah Lake. They loved their chief because he was wise and good. He had a lovely daughter names Ucanogos. All the warriors wished to marry her. But Ucanogos would have none of them.

A young brave, named Timpanak, came from the north. He was brave and fearless. Ucanogos and Timpanak fell in love with each other.

The old chief told all the warriors that he would give his daughter to the one who did best the three things that he asked them to do. First, each warrior should go without any weapons and kill the largest bear he could find. Timpanak came back in two days bringing a huge bear skin. It was much larger than any skin brought in by the other warriors.

Second, the warriors were told to run a race around the shores of Utah Lake. The other warriors were jealous of Timpanak. They were not going to let him win again. Some of them hid in the bushes and attacked Timpanak as he went running by. There was a fierce battle and Timpanak was forced to kill two of the men before he could finish the race. Again he won.

The old chief was very angry with Timpanak for killing the warriors. He planned to have Timpanak slain. Ucanogos begged and cried to have him saved.

The chief gave the third task to the warriors. He pointed to the mighty mountain to the east.

The Legend of Timpanogos (cont.)

"Go", he said, "climb to the highest peak, go down on the other side and return homeward through the canyons. Be gone only from sun-up to sun-down."

Timpanak did not leave at once. He stayed to say good-bye to Ucanogos. He was happy and he soon caught up with the other runners.

When Timpanak got to the summit the other warriors attacked him again and threw his body down, down over the ledge to the foot of the long grassy slopes.

The word of his death came back to Ucanogos. With a sad heart, she took her weary way over the path her lover had taken. She reached the summit and knelt to gaze upon his broken body below. But, alas she could not see his body. She only saw a beautiful emerald lake, gleaming in the distance.

Just then the Great Spirit spoke to Ucanogos and said, "Grieve not, Ucanogos, the life blood of your lover shall be kept through all the years in this lake."

Then, death came, too, to Ucanogos as she lay grieving upon the summit.

The Great Spirit was also kind to the memory of Ucanogos. At his will, the great eastern mountain took the form and outline of her body as she lay sleeping.

The Indians far below on the shores of Utah Lake gazed up in wonder at the image carved in stone.

"The mountain has taken them both," they said. "They are together again. From now on we shall call the mountain after them both,---Timpanogos."

by John Hutchings

TIMPANOGOS CAVE

Timpanogos has a cave,
And the rock are like a wave.
And the cave has a Chocolate Fountain,
Even though it is in a mountain.

SLEEPING WOMAN

Sleeping woman is on a mountain,
Not at all like the Chocolate Fountain,
Oh, she has the prettiest hands
And she did some very good deeds.

Original Poems
Shirley Webb
Lahi Fourth Grade

WASATCH MOUNTAINS

Let us take a look out of our school room window. Do you see some large masses of rocks, rising to touch the sky? Yes, do you know the name of these mountains. There is more than one.

The Wasatch range extends from Southern Idaho to Nephi, Utah. The southern part of the range is longer and not so steep. Mount Timpanogos is the highest peak in this section. Do you know of any other high peaks in the Wasatch?

In spite of the great height of the Wasatch Mountains they are crossed by several rivers and their gorges--Gorge Canyon, Weber Canyon, and Provo Canyon. Thus it is easy to get from the eastern side of the Wasatch to the lowland region on the western side.

UINTA RANGE

The Uinta range is the only major range in the Rocky Mountains which runs in an east-west direction. These mountains are about 150 miles long and from 40 to 50 miles wide. In the range are several peaks more than 13,000 feet high. You can find Emmons Peak, 13,428; Kings Peak, 13,498; Wilson Peak, 13,095; Mt. Lovenia, 13,227; and Gilbert Peak, 13,422.

In one of the deep valleys between them is a Bear Lake, a beautiful body of water.

The entire Uinta range is heavily forested, and most of it is preserved as a national forest. The snow-covered peaks provide water for irrigation.

UTAH

U stands for Utah, our home in the west
Her scenic beauty I truly love best.
T stands for Timpanogos, her great masterpiece
Her glacier and cascades will never cease.
A stands for all her mountains so fair
With flowers upon them everywhere.
H stands for honest to her we will be
Utah, the proud home of you and me.

Original Poem
Gordon Delange
Spencer School
Fourth Grade

MOUNTAIN TOPS

Oh, I would walk the mountain tops where stars
Are crystals hung above me, one by one;
And watch their beauty change, preceding dawn,
To brighter glory of the rising sun.

And feel the silence of the piney slope
Where silver moonlight lattices its bars
Upon the waterfalls that ride the hills,
For here is peace, high as the quiet stars.

Our world is troubled with its many ills.
We spend our lives in trivial tasks that ring
With tumult of the falseness of our ways;
And yet, the mountain holds this tranquil Spring.

If I could be with stars upon its peak
My heart would feel this lasting peace I seek.

Grace Sayre

WESTERN GOLD

It isn't the size of the nuggets
That makes the golden west,
It's the gold that sifts through the pine trees
When the sun is seeking rest.
It's the golden streaks in the morning
When the gold sun tops the hill.
It's the gold we have in the autumn
When the sighing winds blow chill.
And the goldenrod of the summer
And in the springtime the larks golden song
And the flocks of gold on the ermine robes
When king winter mounts his throne.
It's the handclasp of men and women
With hearts of purest gold
The ceaseless radiance of life,
It flashes for young and old.
Of all the golden legends
Of the new world or the old
Of all the Spanish galleons
With their wealth of sunken gold,
There is no gold like we have in the Rockies
None dazzles like that of the west,
And our hearts are tied as if with golden cords
It's just an old cow town.

Ian MacTavish

TIMPANOGOS

Wonder mountain of the Rockies
Fairer peak in all the West;
Utah's masterpiece in nature
Famed as these in Timpanogos,
Formed at rugged crags and chasms,
Barren slopes and wooded hollows,
Sun-kist ridges, shadowed canyons,
Snowy wastes and fields of flowers;
Bearing on her slopes the climates
Both of summer and of winter;
Flowers blooming on her foothills,
On her crest and in arctic glacier,
Through the groves of stately pine trees,
Winds of time are softly blowing,
Laden with the scent of balsam
And the sweet perfume of flowers;
Bearing, too, the strains of song birds
And the sound of purling waters.
All the wonder words of nature
Are upheld on Timpanogos,
So that nothing intervening
Can obstruct this wondrous vision.
There we watch the passing seasons,
Bloom of spring and green of summer,
Tint of flaming leaves of autumn,
White expanse of snow in winter.
Old as time is Timpanogos;
Years that pass change not her contour;
All our lives but fleeting moments
In her life of slow erosion.
Changeless--yet, but ever changing,
New designs of cloud and sunshine
Changing patterns of her snowfields,
Changing hues with every season.
Every breeze is freshly scented,
On her lakes the sheen of silver.
Ere reflects from changing waters.
Varied to her inspirations,
Changing are the thoughts she brings us.
Ever as our lives are altered,
So her beauty palls, or thrills us,
And we find her as a mirror
Showing us our souls reflection;
Beautiful when our lives are tranquil
Rendered dim by our debasement,
Knowing well the mountains splendor
Cannot change but in our fancy,
Then if we can keep her wondrous,
So our lives will find contentment.
In our hearts will be the beauty,
That we see on Timpanogos.